

Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–09:30		Weekly station cleanup / <i>MO Vol. 1, item 2.2.1, page 2-2</i>
09:30–10:00	CDR	Disconnect terminating cap ? ? ? 1 from Regul-OS (3 rd string) / r/g 1321
10:45–10:55	CDR	Downlink of ? ? ? and ? ? counter data
12:15–12:30	CDR	Private medical conference
12:20–13:20	FE-1, FE-2	LUNCH
12:30–13:20	CDR	
13:20–13:35	CDR, FE-2	IMS voice conference / r/g 1325
13:20–13:45	FE-1	LAB payload status monitoring / <i>Daily Status Check Matrix</i>
14:25–14:40	FE-2	Private psychological conference
14:40–14:55	FE-1	Private psychological conference
14:55–15:10	FE-1	Private family conference
15:10–15:25	FE-2	Private family conference
15:30–15:45	CDR	Private psychological conference
16:50–17:10	CDR	Private family conference
18:50–19:30	FE-2	Maintenance of ? ? ?
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

End of radiogram